

OFF THE SHELF from THE GOOD OLIVE



Chickpeas, once perceived as the sole domain of vegetarians and vegans, have come into their own in recent years. Widely acknowledged to be mighty high in protein they are in fact one of the earliest cultivated vegetables. Apparently 7,500-year-old remains have been found in the Middle East.

Mature chickpeas can be cooked and eaten cold in salads, cooked in stews, ground into a flour called gram flour (also known as *besan* and used primarily in Indian cuisine), ground and shaped in balls and fried as falafel, fermented to make an alcoholic drink similar to sake, stirred into a batter and baked to make farinata, cooked and ground into hummus or roasted, spiced and eaten as a snack (such as leblebi). Chickpeas are often used as an ingredient in curries and are one of the most popular vegetarian foods in India, Pakistan, Bangladesh and the UK.

The following recipe is probably one of the most frequently requested in our shop and is a delicious piquant blending and melding of flavours.

Chickpea & Pomegranate Molasses Salad

250g	chickpeas, cooked until tender
1 bunch	flat leafed parsley, roughly chopped
1 bunch	mint, roughly chopped
5	spring onions, chopped
15	cherry tomatoes, halved
2 tbsp	pomegranate molasses (available from The Good Olive)
2 tbsp	lemon juice
1-2 tbsp	Margaret River extra virgin olive oil (for a very special taste try using the Agonis Ridge Agrumato – this delicious organic olive oil has been pressed with organic oranges and is quite spectacular. I often drizzle it over a good quality shop bought hummus to fool my friends into thinking I've been slaving in the kitchen!)
pinch	sea salt

Once the chickpeas are cooked until quite tender, drain them and place in your salad bowl. Toss in the parsley, mint, spring onions and tomatoes. In a jar add the olive oil, lemon juice and pomegranate molasses. Shake well and pour over the salad. Add salt or extra dressing to taste and serve immediately.

To select from the best range of extra virgin olive oils from the Margaret River region visit The Good Olive's website at www.thegoodolive.com.au, or visit our shop at 97, Bussell Highway, Margaret River, Western Australia, or call us on +61 (0) 8 9758 7877. Come on, be inspired!